



ASPW – 11

Super Foods

that

Support Biological Ascension

Vitamin A

Pumpkin and Squash with orange flesh. Tangerines, Oranges, and Mangos (juice, fresh or dried). Apricots (juice, fresh or dried). Green Leafy Vegetables such as Kale, Swiss Chard, or Salad Bitters. Himalayan Goji Berries.

The first form of vitamin A helps to seal off parts of the biology under reconstruction or too damaged to be yet repaired. This form of vitamin A is found in carrots, mangos, pumpkin and any orange-colored fruit or vegetable, including oranges or tangerines. Ascending biology requires a load of this form of vitamin A and so including orange fleshy vegetables and fruits in the daily diet is useful.

There is another form of vitamin A that coats the inside of the cells with a protective lining that sustains the skin of the cell as it heats up in the act of cell metabolism (digestion of sugar). As the cell breaks down sugar, heat is created that creates the body temperature necessary to sustain the health of all crystalline cells. The rising temperatures associated with crystalline biology could cook the inside of the cell skin and so this form of vitamin A acts as a buffer to protect the walls so that they are not over heated. This form of vitamin A is found in leafy vegetables such as salad bitters, spinach, kale, Swiss chard or other greens. Having greens several times each week is therefore supportive of gathering enough of this particular vitamin through one's food source.

The third form of vitamin A is used heavily in the construction of the blood. This form of vitamin A is a part of the crystalline blueprint and is constructed in small factories near the bone marrow and spleen. This form of vitamin A cleanses the blood by latching on to what science calls free radicals, which can include waste or broken bits of cells or RNA or DNA from regions that are becoming crystalline in the act of biological ascension.

There are few food sources that contain this form of vitamin A. Asur'Ana recently discovered one known as Goji Berries from the Himalayas which have become a popular snack in the US and Canada and are considered a super food by current health food resources. Goji Berries host a crystalline blueprint from ancient times and naturally produce this form of vitamin A. Some benefits of goji berries include excellent source of antioxidants; help fight aging; help prevent cancer growth; improve blood sugar control; boost energy levels. In addition, goji berries provide 11 essential amino acids, more than other common berries.

The fourth form of vitamin A acts as a conduit for communication between regions of the body and is utilized in the formation of certain crystalline hormones that direct the body in its regenerative cycles. There is a cycle to regeneration and generally it follows a particular sequence each month or year. The regeneration hormones instruct the body as to what part of the form to regenerate and ascend next in each cycle. This form of vitamin A is also manufactured by the crystalline genetic blueprint and is not found in many food sources as of yet. In time, certain foods may evolve to a genetic blueprint that also manufactures this type of vitamin A within its flesh. One possible fruit rapidly moving towards this goal is a fruit known as mango.

Vitamin B

Green Leafy Vegetables such as Kale and Swiss Chard, or Salad Bitters Ginseng, and Sesame Seeds. Whole Grains, Ascending Red Colored Vegetables, and Fruits (cherries, beets, plums, and berries). Ascending Artichokes, Broccoli, and Asparagus. Ascending Hazelnuts, Walnuts and Pistachios.

There are many forms of vitamin B that your scientists have mapped. Vitamin B is also used to support and sustain crystalline biology in a variety of ways. We cannot equate crystalline vitamin B to all that science has mapped; however, there are six forms of B vitamins that the plant kingdom perceives as useful to cell reparation and regeneration.

The first form of B vitamin is helpful in regenerating and repairing mucous membranes such as the eyes, mouth, anus, vaginal area and esophagus, stomach, and intestinal walls. This form of B vitamin is found in green leafy vegetables along with chlorophyll, or the green substance of any plant. Chlorophyll hosts many nutrients necessary to the life and health of human form, and it is for this reason that green leafy vegetables are good to consume each day.

Humans do not produce chlorophyll yet in their own genetic blueprint, but in time there will be a form of photosynthesis that will cause ascending humans to manufacture their own chlorophyll.

The second form of vitamin B is helpful to retaining consciousness as well as energizing the body. This form of vitamin B is used in the maintenance of the adrenal gland and pituitary gland as well as in the hormones produced in each of these glands. Asur'Ana has discovered that if she does not consume enough of this particular vitamin B, her body feels tired or run down. Some good resources for this particular form of B vitamin are ginseng, sesame seeds, and whole grains. Having a little ginseng tincture or tea each day is perhaps the easiest manner to meet the body's needs for this particular B vitamin. Sesame seeds or sesame oil is also another great means of providing enough of this form of B vitamin each week.

The third form of B vitamin useful to crystalline biology is not found in foods as much as produced by new glands in the ascending genetic blueprint. This B vitamin acts as a bridge between the nervous system and the physical consciousness or awareness centers of the brain. The crystalline brain has many more neurons and synapses than the non-crystalline brain; the new neurons and synapses host a different chemistry that allow for unity awareness or thoughtform to come to be understood.

Unity thoughtform seeks to perceive the world from the middle ground and outside of polarity leading to greater peace within and acceptance of self and others in the dance of life. This form of vitamin B is useful to the construction of the biochemistry that leads to unity consciousness. This form of vitamin B may one day be found in ascending greens such as kale.

The fourth form of vitamin B is also manufactured in the crystalline genetic blueprint. This form of vitamin B helps sustain the syncopation of movement between the heart and the veins and capillaries. The crystalline heart develops six ventricles and in time eight ventricles in the journey to Bodhisattva level evolution. The heartbeat of a fully crystalline heart is more complex with four variant contractions that send blood through the veins and capillaries in a variety of paces.

The larger heartbeat is to cause the blood to rush through the main arteries; the subtler heartbeats are to cause blood to be pushed down the capillaries and into the tiniest of veins so that all cells receive the nutrients that they require for cell metabolism and detoxification. This particular B vitamin helps to align the pulsation of the veins, arteries, and capillaries with the associated heartbeat; for not only the heart beats in crystalline biology, but the veins themselves constrict with the heart in order to move the blood along. This form of vitamin B may one day be found in ascending plums, beets, cherries, and berries.

The fifth form of vitamin B is also manufactured in the crystalline genetic blueprint. This form of vitamin B is used as a catalyst in cell metabolism. As the cell ingests the sugar and breaks the molecules a part, this form of vitamin B helps to catalyze the reaction, allowing heat to be extracted from the sugar to sustain the body temperature of the given organ, gland, or system. This form of B vitamin may be found one day in ascending artichokes, broccoli, or asparagus.

The sixth and last form of vitamin B is also manufactured in the crystalline genetic blueprint. This form of B vitamin supports and sustains the liver by catalyzing the breakdown of fats into simpler forms that are crystalline. Crystalline fats go through many changes in the ascent to Bodhisattva level evolution. Generally speaking, the fat becomes smaller in molecular structure but powerful at conducting chi and retaining the temperature of the body necessary to sustain one's health. The body temperature rises as a result as the crystalline fat surrounds each cell as well as forms in layers underneath the skin and between the organs and glands as a sort of padding.

Crystalline biology is larger and rounder than the pre-ascension state of being and about half of the initiates expand several clothing sizes in the journey to Bodhisattva as a result. Many fats consumed in current human diet are too large; and so, this particular B vitamin allows larger fats to be broken down and reconstituted into crystalline fat useful to sustaining a higher

vibration and body temperature than one's pre-ascension state of being. This form of B vitamin may be found in ascending nuts into the future, and in particular pistachios, hazelnuts, and walnuts.

Vitamin C

Citrus Fruits (oranges, tangerines, lemons, limes, grapefruit) Cranberry juice and dried fruit Acai juice, Raspberries, Blackberries or Strawberries (fresh, dried or juice) Kiwi and Pomegranate fruit or juice Mangosteen fruit or juice.

There are three forms of vitamin C that are useful to crystalline biology. One of such forms of vitamin C is found in most citrus fruit such as oranges, tangerines, lemons, limes, and grapefruit. This form of C is necessary to sustain the movement of nutrients into the cellular structure along with the movement of waste out of each cell. This form of C acts as a lubricant in cell osmosis. Consuming several citrus fruits each week is therefore useful to providing enough of this form of vitamin C through one's diet.

Cranberries are also another good resource for this type of vitamin C. Cranberry juice is readily available and is less subject to losing too much of its nutrients in pasteurization. Dried cranberries are also a good resource for this form of vitamin C and are easy to take along in one's travels. Acai berries or juice are also a good resource of this type of vitamin C.

The second form of vitamin C is known as ester C by current scientists. This form of C is necessary to cell reparation and regeneration of crystalline biology. Crystalline cells that become overly toxic or damaged due to ingesting toxins can be repaired rather than replaced, and this is a much more efficient means of sustaining one's health. Ester C acts as a self-healing agent. As ester C enters the cells, whatever has become damaged comes to the forefront. If there is a toxin or virus or bacteria at cause of the cell damage, ester C aids in its removal by latching on to the substance and carrying it to the waste management systems of the form. If the damage is due to a virus or bacteria, ester C will attract a white blood cell into the cell to remove the bacteria or virus.

Good resources of ester C include fresh berries such as raspberries, blackberries, or strawberries. Kiwi and pomegranate fruit are also loaded with ester C along with a new super food known as mangosteen. Mangosteen is a tropical fruit that has been used in the East as a source of healing since ancient times. Mangosteen like Goji Berries is a crystalline fruit that has held on to its original blueprint. Mangosteen not only is high in ester C but many other substances useful to cleansing the blood. There have been accounts of folk recovering their health in consuming mangosteen juice or tea. One initiate also found dried mangosteen in capsules in the health food store and discovered that her body really appreciated the large amount of micronutrients helpful to healing and regenerating her ascending biology.

The third form of vitamin C is not known in food sources of today but is manufactured in the genetic blueprint of crystalline biology. This form of vitamin C also aids in cell regeneration by assisting the cell in assessing what is damaged and then acquiring the necessary nutrients from the blood for reparation. This form of C is created from a combination of the first and second

forms of vitamin C into a third form that holds this function. In time, the third form of vitamin C may be found in ascending berries and in particular those harvested in the wild.

Vitamin D

Catalyzed through pockets in the skin in exposure to the sun. To help build crystalline bones: Vegan Yogurt, Organic Whole Milk Yogurt, Pumpkin Seeds, and Coconut.

Vitamin D comes in three varieties supportive to crystalline biology. Vitamin D is useful to the development of crystalline bones as well as their reparation and regeneration. Crystalline bones are different in that they host a soft coating of cartilage on top of the bone itself. The bone itself is also less ridged and therefore less subject to breaking and can *bend* more greatly in the event of an impact.

The first form of vitamin D acts as a bridge between minerals. Crystalline bones are formed from 19 minerals, and it is vitamin D that is used to combine the minerals in various structures to form the bones as well as cartilage that surrounds them. This form of vitamin D is created in small pockets along the skin and catalyzed through exposure to the sun. The vitamin D artificially synthesized and added to milk is useless to crystalline biology and it is best perhaps therefore to avoid this substance as it is a toxin. Consuming organic milk butter and cheese products are far better for the crystalline body as a result.

The second variety of vitamin D is also manufactured via the skin and in exposure to the sun. This form of vitamin D is found in the blood and is helpful in the transport of minerals to wherever they are needed within the biology, including the bones. Certain minerals are also necessary to new cell growth and act as catalysts to split the RNA and DNA in the formation of new cells. Sometimes cells cannot be repaired in the crystalline system; new cells are grown to replace the old which are then broken down and removed through the waste management systems of the form.

The third and last variety of crystalline vitamin D is also manufactured via the skin in exposure to the sun. This variety of vitamin D is used in the formation of cartilage of the nose and ears as well as that which surrounds the bones along with ligaments and combines the minerals into a particular sequence holding them together as a part of the space between the cells.

Minerals

Natural Mineral Water Nori (dried seaweed or sea salad) French Green Clay, and Black Strap Molasses.

It is important to provide all minerals necessary for the development of strong crystalline bones. Natural mineral water is a more prevalent drink in Europe than in the US or Canada. Good mineral water can also provide all the minerals necessary to the regeneration of crystalline bones and teeth along with the growth and formation of the fingernails and toenails. Having a little mineral water each day is another way to help the body sustain enough minerals not only for the bone structure, but the movement of nutrients and toxins through the blood.

It is minerals that attract the nutrients to the red blood cells as well as wastes. Without enough minerals, the blood struggles to move oxygen, sugar, or waste to where it is needed to regenerate and sustain crystalline biology. Therefore, making sure you receive enough minerals through the diet is very important to the sustenance of crystalline health.

Vitamin E

Hazelnuts, Pine Nuts, and Almonds. Avocado and Avocado Oil. Walnuts, Macadamia Nuts, and Sesame Seeds. Vitamin E that is crystalline occurs in two varieties.

Vitamin E aids in the formation of the crystalline fat that coats each cell. Cells are coated in a form of fat that is similar to cholesterol and holds a higher vibration by containing the heat that each cell produces in the act of cell metabolism. Vitamin E acts as a modulator of cellular heat; if the heat is getting too high leading to a *cooked cell*, vitamin E will assist in releasing the heat into the blood that then dissipates it due to the large amount of water element. If on the other hand the heat is not high enough leading to degeneration of the cells, vitamin E will cause the cell to grow additional layers of fat to contain the heat to sustain the health and well-being of each cell.

Vitamin E of the first variety is found in larger amounts within many nuts. Hazelnuts, pine nuts and almonds are good resources of this type of vitamin E. Avocado or avocado oil is another good resource.

The second form of vitamin E is used in the nervous system and in the formation of the grey matter of the left and right lobes of the brain. The lobes of the brain grow three additional layers of grey matter that contain neurons and synapses that fire in new formations related to unity-based thoughtform. The firing of the nervous system is a function of algorithmic patterns that are first energetic and then cause a physical response within the brain.

The energetic patterns of the Language of Light first run in the field and then catch upon the new synapses causing unity-based thoughts to be learned in the choice to ascend. Vitamin E is one component necessary to the new unity-based biochemistry of the crystalline brain. This form of vitamin E can also be obtained through the consumption of nuts such as walnuts, macadamia nuts, sesame seeds, and coconut.

Useful Fats for Crystalline Biology

Coconut Flesh Olives and Olive Oil Ascending Avocado Eggs, Butter, Cheese, and Milk.

About half of the initiates grow many layers of fat to contain the heat of the higher vibration related to crystalline biology. The fat also helps to sustain one's health.

Crystalline fat has four variant structures. One structure is similar to cholesterol and coats each cell and is best sustained in the consumption of coconut flesh or coconut oil (if on a vegan diet); or eggs along with cheese, butter, and milk (if on a vegetarian diet).

Nutrients nutrients as well as waste. This type of fat cell has a hollow center filled with a fluid that will contain vitamins, minerals, or other substances necessary to the growth of new crystalline cells, or the reparation of cells in regeneration. This form of fat is best created and sustained through the consumption of olives and olive oil.

The third type of fat is a lubricant that coats the esophagus, stomach, and intestines to allow for a fluid movement of food through the digestive tract. This type of fat is best sustained through the consumption of nuts or nut oils.

The last type of fat is used as padding and to retain the heat in between organs, glands, and systems of the crystalline vibration. This type of fat is denser than the other three forms and helps to even out the temperature of the biology from head to toe. The more greatly the temperature of the body is even and balanced, the easier it is to retain the health of the crystalline structure. This form of fat is best sustained through the consumption of milk products, butter, and cheese. However, if one is a vegan, one can skip all dairy products, and one's ascension will not be affected. Most of all hunger in ascension is the desire for nutrients to aid the continued evolution of the biology and not due to the need for cellular sugars, as sugar is produced by the crystalline diaphragm each time one breathes.

Enzymes

Coconut Water, Pineapple, Papaya, and Mango (fresh, dried or juice). Aged Cheese such as Parmesan.

Enzymes are important to ascending biology. Enzymes assist in the breaking apart of old parts of the form requiring transmutation so that they can emerge into a crystalline blueprint. Enzymes are also important to breaking down one's food source and obtaining all the nutrients necessary to the continued health, well-being, and ascent ahead. There are many resources of enzymes through one's food source that can be considered super foods as a result.

Coconut Water is an amazing resource of enzymes good for the digestive system and construction of crystalline biology.

There are also many enzymes helpful to breaking down older structures found in fresh fruits. Pineapple, papaya, and mangos are three very useful fruits that provide a load of enzymes that break down proteins as well as fats and carbohydrates. Pineapple is the strongest of the three at breaking down protein and does not lose all enzymes through pasteurization in the creation of juice. If anything, the pasteurization causes enough of the enzymes to cancel such that the juice does not digest one's mouth and tongue in the consumption.

Papaya and mangos each have different enzymatic qualities. Papaya based enzymes are good at digesting proteins and carbohydrates whereas mangos enzymes are better at breaking apart fats. Papaya, pineapple, and mango can also be found in dried format and are good digestive aids to consume following any large meal. Both the fresh and dried varieties of papaya and mango also host a load of vitamin A and B and therefore are good ascending super foods.

Useful Proteins for Ascension

Nuts and Nut Butters (peanuts, hazelnuts, or almonds). Sprouted Beans, Organic Beans of all kinds (with a little dried papaya to follow to aid in the digestion). Mushrooms (Shiitake, Maitake and Oyster), Wild Mushrooms of all kinds.

Proteins are used in the construction of each cell of every organ, gland, or system along with the muscular structure. Often initiates prior to 3,000 segments will crave large amounts of protein due to the restructuring of the cells to the crystalline format. Often it is easier for the body to obtain its protein requirements from the food source rather than rearrange the already existing protein within the biology. A part of the reason for this is a lack of enzymes to break down the older proteins to be recreated into the new structure. Some ascending initiates are better at creating enzymes than others for this purpose. Those who are not may crave protein during the times that major organs or the muscular muscular structure are ascending into a new blueprint as a result.